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Intuition in Sensitive and Empathic Children and Adults

This blog, is the second blog in this series about intuition development. In this blog, I discuss children who are sensitive or empathic and how this effects them into adulthood. Intuition and sensitivity are an important topic because many people were told as a child not to be sensitive or to get over it. Alternatively, or also, children learn not to share their feelings or what they observe because of the response of the adults and their need to fit in. More children and adults than we realize may be empathic to animals, other people, to their family members, buildings, and even to geographic locations.

When the child or adult does not realize they are sensitive or empathic, they often internalize their experience taking it in as their own emotionally. This internalization is a lack of separation. We may even consider it is the culture that teaches us separation.

This internalization can include the distress, unresolved issues, anger or negativity. The internalization of these feelings as their own is the part that needs

sorting out. Recognizing sensitivity within our children and within ourselves as adults can help people know when they are in situations that feel depleting to notice the separation. Noticing the separation means the child or adult recognizes they are not those feelings as energy and they do not have to internalize them or keep the energy.

Often children and adults who are sensitive or empathic respond to public situations where there are either many people, which include, music events, fairs, and other large gatherings. Other locations can also include shopping in stores where there are lots of people or excessive stimulus which can also include sounds that are beneath conscious awareness that the child or adult responds.

Sensitive children and adults can react in different ways depending on their temperament and the conditions of their family. The situation that supports their conditions includes

Sleep,

Sounds some of which may be audible or inaudible to everyone present,
stimulus

Food and nutritional intake.

While some children will become agitated or angry, others will cry, become despondent, or wilted. Adults may become wilted, agitated or angry as well. When the parent scolds or punishes their child, they are causing them to internalize their

experience that is overwhelming. Shutting down or acting out is often the means to navigate through this situation as a child. When this scenario repeats, the child learns to shut down often to survive and suppresses their innate abilities and awareness. Some parents will also elect to medicate their child because the parent needs a cohesive undisturbed life experience based on their needs.

Children and adults may become the black sheep of the family or the troubled one. They may be the one who is ill and gets depression or acts out because they cannot abide by the emotional incongruity of the situation.

Helping the child and adult develop tools to restore themselves from over stimulus, sensitivity or empathic resonance is helpful in day to day living. Restoration is especially beneficial to learn in childhood and is a necessity for adults as well.

When a child or adult can manage their sensitive or empathic nature, they can apply it intuitively to different situations that allow them to not only succeed but to excel. We need people who are sensitive and empathic to apply their abilities to the healing arts for people, animals, and the earth. Sensitivity, empathy, and intuition are critical in our innovations and resolution of problems in every sector.

The next blog includes the four steps to notice empathic and sensitive responses and methods of care.

Here is a link that provide a vivid example of a sensitive person who excelled with her abilities.

Dr. Temple Grandin on Autism

<https://youtu.be/51zNRn62um0>

Dr. Temple Grandin: "The Autistic Brain: Thinking Across the Spectrum" | Talks at Google

https://youtu.be/IA4tE3_2qmI